

### ABSTRACT OF THE DISCLOSURE

The present disclosure provides compositions comprising an extracted portion of psyllium seed in combination with one or more of a binder, suspending agent, or edible acid. In particular, the present invention is directed to compositions comprising:

(a) a polysaccharide component comprising xylose and arabinose, wherein the ratio of xylose to arabinose is at least about 3 : 1, by weight; and

(b) a dispersing component selected from the group consisting of binders, suspending agents, edible acids, and mixtures thereof.

In a preferred embodiment, the compositions further comprise an aqueous liquid, for example, water or juice (*e.g.*, fruit or vegetable juice). As such, the present invention further relates to methods of preparing a product comprising admixing the present compositions with an aqueous liquid.

The present compositions are useful for the treatment of a variety of benefits, including providing treatment for gastrointestinal conditions or providing other gastrointestinal benefits.